

My Very Own Bed Volunteer Guide

THE STORY OF MY VERY OWN BED

After many years of working with families experiencing homelessness, Michael Allen founded My Very Own Bed in 2014 with one goal in mind: to provide new beds to children in families who have recently moved into stable housing.

What struck Allen profoundly during his years of work, was seeing kids in poor sleeping conditions. Kids were sleeping on the floor, on couches, or on air mattresses. He wanted to make an impact on these kids and give them a safe place to call their own.



Over the years, the organization continues to grow as more people volunteer and donate. In 2022, My Very Own Bed provided the 5000th bed and Dream Kit to a child in the Twin Cities.



What do we deliver?

Each bed and Dream Kit delivery includes:

- Platform bed frame
- Twin-sized mattress
- Mattress pad
- Sheet set
- Blanket
- Pillow
- Stuffed animal
- 2 books
- Sleep education brochure

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SCHEDULE OF YOUR VOLUNTEER DAY

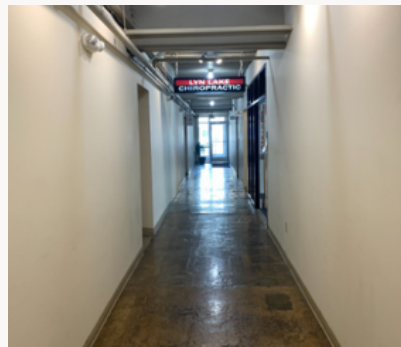
On most delivery days, we deliver about 10 beds total to about 4 households. This takes about 3.5 hours. We can't do it without your help! Here's what you'll do as a volunteer:

Getting to My Very Own Bed – Arrive at 9:00 am

MVOB is located in the Keg House Arts building in NE. Our address is 34 13th Ave NE Suite 106, Minneapolis, MN 55413. Here's how to find our office:



Go in this door and turn right



Walk down this hallway



Enter here

Making Dream Kits – 9:00 to 9:40 am

We'll share some information about the kids we're delivering to that day (ages, genders, and favorite colors). Then, your job is to make a "Dream Kit" for each child. The Dream Kit includes: sheets, blanket, mattress pad, pillow, stuffed animal, 2 books and a brochure about healthy sleep. Our space is clearly labeled to help you find everything, and staff will be there to help you.



Our space



Assembling a Dream Kit



A Dream Kit

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Loading the Truck – 9:40 to 10:00 am

After we finish the Dream Kits, we'll move bed frames and mattresses into the truck. We'll also load all the Dream Kits.



Our storage area



Volunteers loading the truck



The truck ready to go!

Delivering Beds – 10:00 am to 12:30 pm

We usually finish loading the truck by about 10:00 am. Then volunteers will get in their own vehicles, while MVOB staff will drive the truck. Volunteers can expect to drive an average of 30 miles. After we finish delivering to the last house, we're done for the day. At each home we visit:

- My Very Own Bed staff will greet the family at the front door.
- Volunteers will unload all the items for that family (mattresses, frames, and Dream Kits) and bring them into the family's home.
- Volunteers will help set up beds.
- Then we say goodbye to the family and head to the next stop.



Thank you for supporting kids and being part of our community!

We love to share posts about our volunteers. Please follow us on social media and like, comment on, and share our posts to help us grow our network. We appreciate your help!